

Eckhart Tolle Talk Titled Short Meditations Breath Awareness

[Speaker 1] (0:00 - 21:44)

Breath Awareness Meditation. Recommended length, 10 to 15 minutes. Before you start your meditation, become physically comfortable.

Sit on an upright chair. You may wish to sit cross-legged on a cushion on the floor in the traditional meditation posture. Sit comfortably with your spine erect and close your eyes.

Begin to turn your attention inward and become aware of your breath. Don't try to change the length of the breath. Just be aware of the breath as it is now.

As you become aware of the breath, it tends to change naturally and become deeper. Feel the breath moving in and out of the body. Feel the abdomen rise on the inhale and fall on the exhale.

If thoughts arise, just notice them and return attention to your breath. If you become lost in thoughts, the moment that you realize you have been lost in thoughts, you are no longer lost. Simply let the thoughts go and return to your awareness of the breath.

Continue meditating for another 10 to 15 minutes. When you finish, open your eyes. Remain seated for another couple of minutes or so before rising to your feet.

Drinking Meditation. Preferably use a non-alcoholic drink for this meditation. As you reach for a glass of water or juice, a cup of tea or coffee, be aware of your hand and arm reaching out towards the cup or glass.

As your hand and fingers touch the cup or glass, notice how it feels. Hot, warm, cold, cool, or smooth? Notice the sensation as you pick up the glass or cup from the table and hold it.

Feel its weight. Can you feel the muscles being used in your fingers, hand, and arm? You may even notice how the mouth begins salivating before the drink touches the lips.

How does the drink feel as it makes contact with the lips? Hot, warm, cold, cool, smooth, or textured? Before you swallow, notice the liquid inside your mouth.

Taste the taste. Feel the liquid going down your throat and into the stomach. Then continue to drink, and as you do so, bring awareness to all the movements and sensations associated with the act of drinking.

Enjoy the present moment, and enjoy your drink. Inner Body Meditation. Sit on an upright chair or cross-legged on a cushion on the floor.

Close your eyes. Become aware of your breathing. Feel the air moving in and out of the body.

Become aware of any physical sensations you may feel, such as tension, tightness, or pain. We may call this the outer layer of sensations. Notice the sensations and continue to feel them.

Relax the body, especially the areas where you feel any tension or tightness. If you feel pain, whether it is physical or emotional, notice the sensation. Allow yourself to feel whatever it is you are feeling.

As you continue to watch and feel, you may notice the mind wanting to label the sensations as tightness, tension, pain, anger, or whatever the emotion may be. The mind may want to revive a memory or tell a story about the emotion. However, don't be interested in the memories and stories.

Just be aware of the feeling. Without the memory and story, it is only sensation. Continue to be aware and feel the breath, an outer layer of sensations.

Now see if you can turn your attention even deeper to the sensations of the inner body. If you cannot feel the inner body, start with feeling your hands. Hold your hands in front of you with palms facing up.

Make sure the hands are not touching or resting on anything. However, you may wish to rest your elbows on your knees or a pillow. Make sure your eyes are closed.

Ask yourself, how do I know that I have hands? Feel your attention move into your hands. You might feel a slight tingling, warmth, numbness, or aliveness.

This is the beginning of feeling the inner body. Feeling this life force is your connection to stillness. Now let your attention move into different parts of the body.

Your arms, your shoulders. Now feel your hands, arms, and shoulders together. Now bring your attention down to your feet, your legs, your hips.

Don't worry if you cannot feel a certain part of the body. Just be aware of whatever parts you can feel. Now feel your torso, your neck, and head.

Now see if you can feel your entire body as a single energy field. This is who you are at a level deeper than the physical. Keep your attention on feeling the entire inner body for five minutes or so, and enjoy your meditation.

Object Awareness Meditation. Sit on an upright chair or cross-legged on a cushion on the floor. Close your eyes.

Become aware of your breathing. Feel the air moving in and out of the body. Now bring

your awareness to any external sounds, whatever they may be, traffic, voices, birds, etc.

Don't label or interpret them. Notice any thoughts or images that may be arising in the mind. Again, don't label or interpret them.

Now open your eyes. Be aware of the objects you can see around and in front of you. Just allow the forms of this moment to be as they are, without labeling, judging, or interpreting.

Now see if you can become aware of your inner space. In which the forms of this moment arise. The form of your breath, external sounds, images, and other such objects.

By becoming aware of the space, you have become aware of awareness itself. This is who you are at the deepest level. Hold that awareness for as long as it feels comfortable.

Rising Meditation. There is so much that we miss in the present moment, because we are consumed the moment we awake from sleep by our thoughts, fears, and desires for the day ahead. Try this simple little exercise of observing, feeling, and using your sense perceptions before getting out of bed in the morning.

You may be amazed how it changes your day. Before getting out of bed in the morning, continue to lie in bed for a few minutes. Feel your breath.

Feel the sensations in the body. Feel the bedsheets against your skin. Are the sheets soft, warm?

Feel how the body sinks into the mattress. Keep aware of the breath. Listen to the external sounds.

The clock ticking, traffic, children, etc. Then, when you're ready to get out of bed, feel the body shifting to a sitting position. Feel your pelvic bones dropping into the mattress.

Feel the spine erect. Feel the sheets leaving your body. As you are sitting up in bed, look at the objects around the room.

Notice any light coming through the window. And as you place your feet on the floor, feel the roughness or smoothness of the flooring material beneath your feet. As you get up and walk towards the bathroom, be fully aware of every step.

Walking Meditation Traditional walking meditation is to sit for a few minutes, at a very slow pace. However, this meditation should be done at whatever pace the situation calls for. Whether you are walking your dog, walking to your car, walking while shopping, or even running to catch a plane or jogging.

As you are walking, become aware of your breath. Then bring attention down to your feet. Feel your feet step onto the ground.

Can you feel the heel touch the ground first, followed by the midsection of the foot? Finally, feeling the ball of the foot as it pushes off to take the next step. Become aware of the rest of your body.

Is there any tightness, tension, pain? Are you relaxed? Can you feel your inner body, the aliveness inside?

Are you noticing any sounds, traffic, voices, and birds? Can you feel the breeze or wind on your face and skin? Does it feel soft or harsh?

Feel the temperature in the air, the warmth, the heat, or the cold on your skin. Be aware of the things around you. Trees, buildings, people, cars, bicycles.

Notice any smells. Scents from flowers, tree blossoms, or foods from restaurants. Exhaust from the food.

Exhaust from the cars that pass by. If you become lost in thoughts, the moment you notice it, just return your attention to the movement of your body, your breathing, and the various sense perceptions. You may have walked this area a thousand times, but never truly notice what is there because you have not been fully present.

Now, your walk becomes an opportunity to awaken into the present moment.